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**Don't** carry your mistakes around with you. Instead, place them under your feet and use them as stepping stones. Never regret. If it's **good**, it's **wonderful**. If it's **bad**, it's **experience**.



## Letting Go of Regrets: It's good for your well-being

Researchers studying the aging process have found that one aspect to aging well involves learning to let go of regrets.

Harboring thoughts about regret is known to influence one's immunity to fight colds and flu bugs. If left to fester, regret can interrupt sleep patterns and even lead to feelings of depression.

There are two forms of regret. One form is associated with *missed opportunities*, inaction, or things not done. The other is regret about things said, or actions done. These are things that may have been embarrassing or not shown us at our best.

The research has proven that regret over missed opportunities is most disruptive to our mental and physical health. Wondering about what might have been looms large because of all the 'imagined' possibilities that *might have* changed one's life. But let's be clear, those thoughts are '*imagined*', not facts or reality.

The term used to describe this thought process is counterfactual thinking: the human tendency to create possible alternatives to past situations. The "What ifs?" or, "If I had only tried ..." thoughts that occur when thinking about how things could have turned out differently. Replace those thoughts with, "So what if I didn't ...? What's done is done. Moving forward ..."

If you decide to remedy a regret, it is best to approach it as an opportunity for personal growth. Be sincere. Be direct. Do not drag out the process.

Regret is not all bad. It can serve a useful purpose in life. It is like the check engine light on the car dashboard indicating that something or some thought needs to be addressed.

Research about regret has revealed that most people 65 and older get happier as they age. This outlook is influenced by their having a 'bigger picture' perspective about life. Their focus is more on the journey and less on the nitpicky details.

When older people are questioned about their primary regret, there is a common refrain: "I wish I hadn't spent so much of my life worrying. Worrying solves nothing." Worrying corrodes the present moment and can waste days, weeks, months and years. Time wasted that cannot be recovered.

To prevent regret from taking over your thoughts here are a couple of tips:

1. **Focus on the short term, not the long term.** A key tenet of mindfulness is to live in the present.
2. **Instead of worrying; prepare.** Be a rational thinker and planner.
3. **Adopt an attitude of acceptance.** There isn't always a neat solution to situations. Sometimes it is best to *just let it be*.

### Tips about Taking Medications



At the CSS February 2017 Lunch and Learn, pharmacist Gord Lane lead a lively discussion about medicines and medications to forty or so seniors. The information was important and needs to be shared with others who could not attend.

#### Here are just a few of the highlights:

- Keep a **record** of your medications. List all of the prescription and over the counter (OTC) medicines, dietary supplements, vitamins and herbals you take. The list should include **the name of the medicine**; the **name of the person who prescribed it**; the **reason this medication has been prescribed**; the **dosing information**; **instructions how to take the medication**; what are the expected **side effects**.
- Keep your medication in a safe, dry, unlit, secure place (unless specifically stated to store in the fridge). Gord mentioned keeping meds in the bedroom in a side table. People should not be wandering in your bedroom which helps protect from theft of the meds.
- Always check the patient name on your prescription bottle to ensure it is intended for you. Check to ensure the proper name of the medication matches what you were prescribed.
- Try to count the number of pills in the prescription bottle to ensure accuracy.
- Talk to the pharmacist if you have any concerns about side effects and drug interactions. This is why it is important to have only **one** pharmacist; they have a record of your prescriptions.
- If you are experiencing adverse side effects, call your physician's office and let them know. If there is a delay in being able to see your health care provider, call your pharmacist and explain your concerns and issues.
- Take **only** your own medications. Taking someone else's medicine may hide your symptoms and make diagnosing your illness more difficult.
- Plan for medicines you need to take during the night and / or if you will be travelling. Ask your doctor or pharmacist about the medications schedule.
- Take all of your medication, even if you are feeling better. Follow the prescription directions.
- Make sure you are able to open the bottle of medication. Tell the pharmacist if you cannot.
- Make sure you can read and are able to understand the directions on the container.

### Telephone Tip Reminders



- ⇒ You do not have to listen to callers who are asking for money.
- ⇒ You do not have to be polite to callers saying you owe money to the government or bank.
- ⇒ You do not have to accept telephone calls that say you have won money or a trip.
- ⇒ You do not have to listen to callers who say that a loved one is stranded and you need to transfer or wire money somewhere.

Buy a whistle at the Dollar Store and keep it by your phone. The next time a fraudulent caller tries to separate you from your money—



**BLAST** them with a long shrill whistle noise and then hang up. They won't be calling you again anytime soon. Stand up to scoundrels and thieves. Show them they cannot mess with you and other seniors.



## April is Parkinson's Awareness Month



Parkinson's is a brain disease that touches almost every aspect of daily living including: movement, mood, speech, ability to smell, eating, drinking, sleep, and processing cognitive information.

More than 100,000 Canadians currently live with Parkinson's and another 25 people are diagnosed each day. The number of people who will get Parkinson's is expected to increase as the population ages.

The Parry Sound area Parkinson's (PD) group is a small, committed group of people. The group includes those living with the disease, family and caregivers, and volunteers interested in helping those affected to lead healthy and vibrant lives. The primary focus is to support those living with PD and their family members. The group provides and shares information about the latest research and strategies to help improve one's quality of life. Living with PD can be extremely isolating and difficult. The Parry Sound PD support group wants to reach out to those living with the disease.

Under the leadership of dance instructor Julie Lea, the PD support group meets weekly to 'move' together, and share support and inspiration. It is an informal group and people living with PD are welcome to come and watch and/or join in. The fellowship and support the group offers is invaluable.

**'Moving with Parkinson's'** happens every Wednesday morning at 10:30 a.m. at Canadore College. There is no cost and transportation is available. Call 705-746-5602, for more information.

July 14—16, is the 7th annual Peddling for Parkinson's ride to raise money for PD research. This event is inspirational, fun, educational and it brings together: hundreds of riders, people living with PD, their loved ones, friends, as well as dozens of volunteers. All money raised goes to fund Parkinson Disease research. Dr. Peter Istvan is the co-founder of the Ride and can be reached for information at 705-774-8560. Visit: [www.pedalingforparkinsons.ca](http://www.pedalingforparkinsons.ca)



## Seniors' Gentle Exercise Programs throughout the West Parry Sound Area



Throughout the Parry Sound area there are several exercise programs specifically designed for seniors. Find the one nearest to you and join in. Several community partners have joined together to ensure seniors have access to exercise programs that are geared for, and lead by seniors.

A variety of exercises are offered including, walking, stretching, therabands, balls, walking poles, movement to music, breathing exercises and more. Participants exercise to their comfort level.

Please look at the following list to find the location nearest to you, including the days of the week, times and contact information for the individual programs.

These programs' are made possible by: Community Support Services, WPSHC, NB-PS Public Health Unit, and the North East LHIN.

### List of the Sites:

**Dunchurch / Whitestone:** M / W / F @ 10:30 a.m.

Whitestone Public School Barb Bennett 705-389-9828

**McKellar:** M / W @ 10:30 a.m. McKellar Community Centre Pat Eaton 705-389-9649

**Humphrey:** M / @ 10:00 a.m. Humphrey Community Centre Magda Tarko 905-220-6494

**Orrville:** W / @ 10:00 a.m. Orrville Community Centre Magda Tarko 905-220-6494

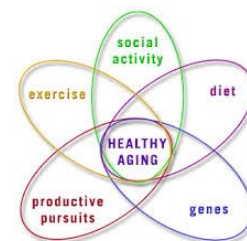
**Carling:** T / T @ 10:30 a.m. Carling Township Margaret Lloyd 705-342-1701

**Rosseau:** M / W @ 10:30 a.m. Rosseau Nursing Station Susan Sanger 705-732-6289

**Parry Sound Belvedere Auditorium:** Tues @ 1:30 p.m. Thurs. @ 9:30 a.m. and 1:00 p.m. Belvedere Auditorium Dorit Bartmann 705-746-5602

**YMCA:** M / W @ 2:30 p.m. Peter Bertrand 705-746-0511

## Crazy about Cauliflower



The saying 'what's old is new again' can be applied to the renewed nutritional interest in the cruciferous vegetable; cauliflower. Research has shown this white flowering vegetable to have many health benefits due to its rich mineral sources of zinc, manganese, and selenium. It is an excellent source of fiber, folate, potassium, and vitamins C, E, and K.

On top of all the nutritional goodness it happens to taste fantastic. Dieticians and chefs are creating incredible recipes using cauliflower as a substitute for flour, rice and potatoes. A quick Google search for cauliflower recipes takes you to unimagined creations such as cauliflower pizza, or mashed cauliflower to replace mashed potatoes.

Cauliflower can be bought fresh or frozen. In some produce stores you can find: **green** cauliflower, also referred to as broccoflower;

**purple** cauliflower- which gets its colour from the presence of the antioxidant anthocyanin, found in red cabbage; and **orange** cauliflower- which contains a lot of vitamin A. Both the purple and orange varieties of cauliflower contain nutrients and vitamins that are not found in white cauliflower.

When selecting white cauliflower look for one that has a creamy white colour with densely packed florets. The head should feel heavy in your hand. Make sure it is free from brown spots, blemishes and/or wet spots.

The leaves of the cauliflower should be vibrant, firm and not have wilting. A tip for buying fresh orange, purple and green varieties of cauliflower is to ensure they are uniformly coloured.

To store cauliflower: when you get home, unwrap it from the tight cellophane packing as that traps in moisture and promotes rot. Put the head into a loosely sealed plastic bag and place a sheet of paper towel into the bag to absorb moisture. A head of cauliflower can be stored this way between 4-7 days. If you cut the head up into florets the storage time is typically 3-4 days.

According to the USDA National Nutrient Database eating one cup of cauliflower will provide 77% of your vitamin C needs, 20% of vitamin K, 10 % of vitamin B-6 and folate needs for the day. Melt some cheese on your hot

steamed cauliflower and you have added protein added to the goodness! Top that off with a dash of Herbs de Provence and that just may become your favourite simple vegetable dish.

As delicious as cauliflower is—cooked, spiced or raw, remember that eating it in excessive amounts may cause bloating and flatulence. If you are taking blood thinners be mindful that cauliflower does have a lot of vitamin K which plays a large role in blood clotting.



## Word Match Up:

Match each word in the left column with its synonym on the right. When finished, look on the back page to see the correct matching. (*this is my favourite word game*)

*\* This one is easy!*

satiate

idolize

disparage

sprain

hanker

replete

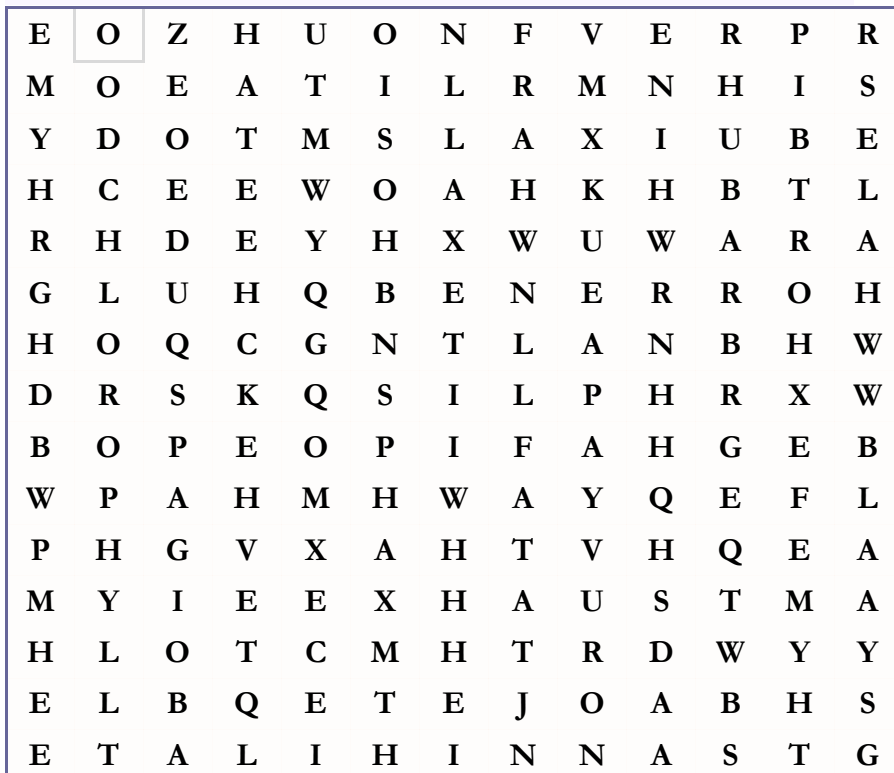
turn

long

worship

belittle



**WORD FIND: find the 20 words listed here****TOPIC - SILENT H**

AFGHAN  
 ANNIHILATE  
 CHEETAH  
 CHLOROPHYLL  
 EXHAUST  
 EXHILARATE  
 EXHORT  
 GHETTO  
 GHOST  
 RHUBARB  
 RHYME  
 RHYTHM  
 SARAH  
 THANES  
 THYME  
 WHALES  
 WHARF  
 WHELP  
 WHINE  
 WHITE

\* Puzzle Solution is found on back page

**CSS Fruits & Veggies Program Notice**

Fruits and Veggies will be prepared and delivered on Wednesday, April 12, 2017 in the morning due to the Good Friday holiday.

We are planning on making this move to Wednesdays permanent after this date. So Fruits and Veggies will be prepared on the 2nd and 4th Wednesday of each month.

Please call 705-746-5602 for additional information.



Take Note!

SAVE THE DATE

**Safe Food Handling Information Session**

Date: Wednesday April 12, 2017

Time: 10:00 a.m. until 12 noon

Light Lunch at 12 noon

Location: Belvedere Auditorium

This is free for volunteers. This is a non-certifying safe food handling information session.

Registration is required by: April 5, 2017

Please Call: CSS office 705-746-5602



**Good Friday** is April 14, 2017

**CSS will be closed**  
**NO Meals of Wheels.**



**Pedaling for Parkinson's Disease re-**  
**search recipient Dr. Joel Watts,**

University of Toronto, will be speaking at  
Canadore College on April 6, 2017 at 6:30

Upcoming Events



**Community Support Services 21 Belvedere Ave. Parry Sound, Ont. 705-746-5602**  
email: [ltaylor@belvedereheights.com](mailto:ltaylor@belvedereheights.com)



**DINERS' CLUBS:** (\$12.00 at the door)  
**Parry Sound:** Mar. 13; Apr. 10; & May 8; 4:30 p.m.  
Belvedere Auditorium  
**Dunchurch:** At the Swiss House on Ahmic Lake.  
Mar. 3; Apr. 7; & May 5; 12:00 noon

**LUNCH AND LEARNS:** (\$8.00 at the door) 11:00 am.  
Belvedere Auditorium.

**March 28—Speaker not yet confirmed**  
**April 25—Planting a container herb garden**

**Fruits and Veggies Program—**2nd & 4th Friday of each month. Bags of fresh fruit & vegetables are prepared for seniors to buy @ **\$8.00** Call a week ahead to order: 705-746-5602

**Crock Pot Cooking Lessons:** Participants bring their crock pots and prepare a meal. Ingredients are provided and included in the cost. Participants take home the crock pot meal to cook. **\$10.00 at the door.**

**Parry Sound—in the Belvedere Auditorium—**  
**@ 10:30 am. March 20; & April 17;**  
**Dunchurch Crock Pot Program—at the Legion on Hwy 124—** March 7; & April 4; **@ 10:00 a.m.** !  
**Humphrey Crock Pot Program—Humphrey Community Centre—** April 3; & May 1; **@ 10:00 a.m.**  
**Please call CSS a week ahead to confirm your attendance. (705-746-5602)**

### EXERCISE PROGRAMS

**Body Flow for Health & Vitality Exercises:** Thursday mornings at 9:30 am. Belvedere Heights Auditorium. No cost. Donations are accepted. Leader Dorit Bartman.

#### Gentle Exercise for People with Limited Mobility:

Thursday afternoons @ 1:00 pm.

Tuesday afternoons @ 1:30 p.m.

Balls, therabands, gentle breathing and stretching in chairs. Leader Dorit Bartman. Donations accepted.

Walking / Exercise Programs throughout our area. Please see page 3 of this newsletter for detailed information about a program near you.

**Beginners' Tai Chi—**Wednesday mornings: Belvedere Auditorium. 10:00 am. Call CSS first to see if class is ongoing. 705-746-5602. Leader is Mary Ann McEwen  
**Temporarily cancelled**

### SENIORS' MOVIES AT BELVEDERE AUDITORIUM

**Seniors' Movie Club:** (held in Belvedere Auditorium)  
The 4th Wednesday evening each month at 6:00 p.m.  
Popcorn. We have a wide and varied selection. FREE

**Jackie (a portrait of Jackie Kennedy) — March 22**  
**Hidden Figures — April 26**

**Moving with Parkinson's—**moving to music—held at Canadore College 10:30 am. Wednesdays. Certified Dance Facilitator—Julie Lea.

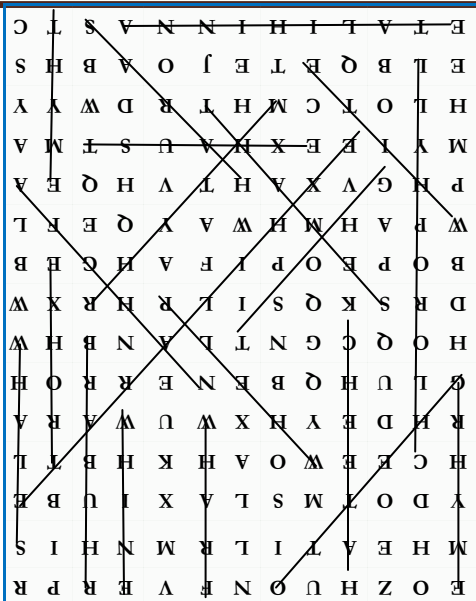
★ **The Parkinson's Support Group:** will follow the **Moving with Parkinson's** group every Wednesday morning at 11:30 at Canadore College. Call 705-746-5602 for more information.

**Stroke Support Group:** The 3rd Wednesday of each month at Wellingtons. 12:30 pm. Bill Slaman 705-378-0454.

**Gifts of Joy Group—**Creating seasonal table center pieces; Leader Laura Campbell—last Wednesday of each month—1:30 pm. Belvedere Auditorium

**CSS—**Community Support Services (West Parry Sound District)  
21 Belvedere Ave. Parry Sound ON  
**"Our Mission is You"**

Word Search Puzzle Solution



Hanker / long  
Sprain / turn  
belittle  
Disparage /  
Idolize / worship  
Satiated / replete  
**Word Match Up**

**Next CSS Newsletter May 2017**

